What is claimed is:

1. A lactose-free pharmaceutical composition which comprises an optically pure enantiomer of fluoxetine, or a pharmaceutically acceptable salt thereof, and at least one non-lactose pharmaceutically acceptable excipient.

2. A solid pharmaceutical composition which comprises an optically pure enantiomer of fluoxetine, or a pharmaceutically acceptable salt thereof, and a pharmaceutically acceptable excipient, wherein said excipient is not lactose.

3. The composition of claim 1, wherein said non-lactose pharmaceutically acceptable excipient is a binder, a filler, or a mixture thereof.

4. The composition of claim 2, wherein said pharmaceutically acceptable excipient is a binder, a filler, or a mixture thereof.

5. The composition of claim 3 or 4 wherein said binder is a starch.

6. The composition of claim 3 or 4 wherein said binder is a cellulose.

7. The composition of claim 5 wherein said starch is selected from the group consisting of corn starch, potato starch, pre-gelatined starch and a mixture thereof.

8. The composition of claim 6 wherein said cellulose is selected from the group consisting of ethyl cellulose, cellulose acetate, carboxymethyl cellulose calcium, sodium carboxymethyl cellulose, methyl cellulose, hydroxypropyl methyl cellulose, microcrystalline cellulose and a mixture thereof.

9. The composition of claim 3 or 4, which further comprises a lubricant, disintegrant, or mixtures thereof.

10. The composition of claim 1 or 2, wherein said enantiomer of fluoxetine is (R)-fluoxetine.

11. The composition of claim 1 or 2, wherein said enantiomer of fluoxetine is (S)-fluoxetine.

12. The composition of claim 1 or 2, wherein said pharmaceutical composition is substantially free of all mono- or di-saccharides.

13. A chemically stable compressed tablet free of lactose which comprises racemic fluoxetine, an optically pure enantiomer of fluoxetine or a pharmaceutically acceptable salt thereof, and at least one pharmaceutically acceptable excipient.

14. A chemically stable compressed tablet free of lactose which comprises about 1% to about 50% by weight of racemic fluoxetine, an optically pure enantiomer or a pharmaceutically acceptable salt thereof, and about 99% to about 50% by weight of at least one pharmaceutically acceptable excipient.

15. The compressed tablet of claims 13 or 14 wherein said tablet does not contain a disintegrant.

16. The compressed tablet of claim 13 or 14 wherein said tablet does not dissolve in less than three minutes when subjected to the DISSOLUTION TEST.

17. The composition of claim 13 or 14, wherein said fluoxetine is present in an amount from about 1 mg to about 200 mg.

18. The composition of claim 17, wherein said fluoxetine is present in an amount of about 2 mg to about 100 mg.

19. The composition of claim 13 or 14, wherein said fluoxetine enantiomer is optically pure (R)-fluoxetine.

20. The composition of claim 13 or 14, wherein said fluoxetine enantiomer is optically pure (S)-fluoxetine.

21. A solid compressed tablet consisting essentially of racemic fluoxetine, an optically pure enantiomer or a pharmaceutically acceptable salt thereof, and microcrystalline cellulose and pre-gelatinized starch.

22. The solid pharmaceutical composition of claim 13 or 14, wherein said compressed tablet is sterile, anhydrous and non-hygroscopic.

23. An anhydrous solid pharmaceutical composition which comprises racemic fluoxetine, an optically pure enantiomer of racemic fluoxetine or a pharmaceutically acceptable salt thereof, and one or more pharmaceutically acceptable excipients.

24. The composition of claim 23 wherein said composition does not contain lactose.

25. The composition of claim 23 or 24 wherein said composition is a compressed tablet.

26. The composition of claim 23 or 24 wherein said fluoxetine enantiomer is optically pure (R)-fluoxetine.

27. The composition of claim 23 or 24 wherein said fluoxetine enantiomer is optically pure (S)-fluoxetine.

28. The composition of claim 23 or 24 wherein said composition is non-hygroscopic.

29. The composition of claim 1, 13, 14, 21, 23, or 24 wherein said pharmaceutically acceptable salt is a hydrochloride salt.

30. A stable solid pharmaceutical unit dosage form which comprises racemic fluoxetine, an optically pure enantiomer of racemic fluoxetine, or a pharmaceutically acceptable salt thereof, and one or more pharmaceutically acceptable excipients wherein said dosage form is not a capsule or gel cap.

31. The unit dosage form of claim 30 wherein said fluoxetine enantiomer is optically pure (R)-fluoxetine.

32. The unit dosage form of claim 30 wherein said fluoxetine enantiomer is optically pure (S)-fluoxetine.

33. A solid compressed tablet substantially free of lactose which comprises an optically pure enantiomer of fluoxetine, or a pharmaceutically acceptable salt thereof, and at least one pharmaceutically acceptable excipient which is not lactose.

34. A disintegrating tablet substantially free of lactose which comprises an optically pure enantiomer of fluoxetine, or a pharmaceutically acceptable salt thereof, and at least one pharmaceutically acceptable excipient which is not lactose.

35. A method of treating depression in a mammal which comprises the oral administration of a therapeutically effective amount of a composition of claims 1, 2, 13, 14, 21, 23, 24, 30, 33 or 34 to said mammal.